



PHILIPPINE *Sunday* INQUIRER

IN HER MAJESTY'S SECRET SERVICE Actors portraying Britain's beloved Queen Elizabeth II and James Bond of Agent 007 have team up to star the 40,000 spectators at Olympic Stadium. They arrive via parachute on the roof of the stadium after jumping from a helicopter during the London 2012 Olympic Games' opening rites described as "wild like no other." Below, the view from the stadium illuminated by the spectacular fireworks.

PHOTO: LUTHER HODGSON/GETTY IMAGES

Royalty rocks Olympics

Queen stars in 'bloody brilliant' opening

LONDON—Shaken and stirred.

James Bond and the queen, making her film-acting debut, teamed up on Friday to give London a wild Olympic opening like no other.

And creative genius Danny Boyle turned the Olympic Stadium into a jumbo, creating up world-leading rock bands like the Beatles, the Rolling Stones and The Who to lead the planet's message. Britain, land and proud is ready to roll.

To kick off a 17-day festival of sports, this was brilliant and bloody. Now over to you, athletes.

Queen Elizabeth II, playing along with movie magic from director Boyle, presided the highlights of the Queen's coronation. With Kim Cattrall, Boyle made it seem that Britain's beloved 86-year-old monarch and his most famous spy parachuted into the stadium together.

Daniel Craig as 007, the queen, playing herself, and her royal cousin starred in a short

MOVIE-TV AD



Poor Pinoy makes it in 'Bulaga' Indonesia

By Gabriel Carilinas
Inquirer Northern Luzon

BOLIVAO, HANGSAWAS—As a teenager in this northern coastal town, Leonardo Conal walked every day from a small second house to Bulaga's Amer-

do to Cape Bulaga High School to attend his classes.

He dreamed of becoming a news anchor someday.

To his schoolmates and teachers, he was Dingo, the charismatic, clown, singer, actor, campus journalist and

school play actor and director. To his family, he was Dingo, a smart and active kid, who was so full of determination to succeed.

Today, he is Leo Conal, the only Filipino among the hosts of

POOR 24

Prosaic start for PH: Two archers make it to KO stage

By Antonia T. Segracia Jr.
News Editor

LONDON—The Philippine campaign in the 2012 Olympic Games here went off to a prosaic start Friday with the two Filipino archers making it to the lower half of their respective draws in the archery competition.

Only a few hours before Friday's Opening Ceremonies brought the Olympics to London for the third time, Rachelle Anne Cabal completed a non-suspicious kickoff at the

Lord's Cricket Grounds by placing 48th in the knockout stage of the women's draw.

That brought up Russia's Irina Simonenko, who ranked No. 17, as the Filipino archer's opponent in the first of the knockout rounds on the individual competition. The round starts on Tuesday.

Cabal finished the first half in 41st place with 31st points and failed in the second half with 20th for a total of 627. That was 44 points ahead of the two Koreans and one Taiwanese.

PHILIPPINE 2012

Independent, inspiring CJ with presence needed

By Margaux Salendo
Columnist

was also senior associate editor of *American Law Journal*

Editor's Note: The author, former *Philippine Daily Inquirer* columnist for the 10 years, was until 2010 the spokesperson of former President Joseph Estrada. She graduated in 2002 from American University Law School where she

THROUGHOUT the history of our country, we have received a people, but the integrity and credibility of institutions, including the judiciary, have suffered as a result.

INDEPENDENT 25

Athletes like models of fashion's big names

LONDON—Who said supermodels isn't bi-ethnic? Ask the 2012 Olympic athletes who were like runway models walking the catwalk.

The athletes' parade during Friday's opening ceremony might as well have been a catwalk show, with some of the world's top names—Ariana, Priya, Ruffa, Lacey, Shella McGarvey—designing the team uniforms.

Many in the fashion industry are already calling this the most stylish Olympics ever. The athletes must be some of the best dressed athletes, scoring points with an on-

ATHLETE 26



PH steers off US' critical stance on garrison plan

By TJ Burgos
and Herman Bordadora

BANKING on diplomacy to resolve territorial disputes with China in the West Philippine Sea (South China Sea), Malabon is distancing itself from the US criticism of a Chinese plan to put up a garrison on a tiny island in a distant part of the disputed waters.

Prominent US senators on Thursday declared the Chinese move provocative and a possible violation of international law.

US State Department spokesperson Victoria Nuland said the United States was pressing all parties to work on

Chinese fishing boats leave, officials say A 10

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WHAT'S INSIDE

NEWS • **Zuckerberg** loses \$2.3B as Facebook value slides • **Joker**: JFE, Belmonte defying SC • **Alan Peter Cayetano** to deliver 'contra-Sona' • **Erap** still in talks with LP for coalition
ENTERTAINMENT • **Rachel Weisz** on working with Pinoy, being Mrs. Bond and Soup No. 5 • **Beauty** looks up with cute guy who dumped her friend **LIFESTYLE** • **People-watching** in Sona cocktails; brand-watching for P-Noy's 'exes'

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Gold Link Bracelets.....up to P12,000
Gold Broken Chains.....up to P14,000
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Source: *Author's calculations based on data from the 2000 Census.*

Disabled got little help in '10 polls-SWS

LEDS that had 44 percent of people with disabilities (PWDs) who voted in the May 2010 elections received assistance during voting, according to a recent survey by the Social Welfare Services (SWS).

The survey conducted from Dec. 3 to 7 last year found that of the respondents who used 100 percent, less than half across all types of disability received assistance. 41 percent among the "visually impaired," 44 percent among the "intellectually impaired," and 42 percent among the "hearing/speech impaired."

The survey was conducted in support of the Disability Inclusion Election Initiative aimed at increasing the participation of PWDs in elections. SWS said in a statement released previously.

On the kind of assistance they received, 38 percent said they had help in looking for their votes in the voter list, 36 percent in checking the ballot, 10 percent in getting ahead of queues, and 12 percent in dropping the ballot in ballot boxes.

Among those who received help in checking the ballot, 77 percent were assisted by family members, 11 percent were assisted by members of the Board of Election Inspectors or trustees, and 8 percent by poll watchers.

Respondents who were assisted in checking the ballot were dissatisfied. "The most common barrier cited on the basis of the assistance by the person who assisted you are the accessibility you prefer?" Eighty-three percent said they had "very much confidence" and 14 percent had "moderate confidence" that the assistance checked to the ballot corresponded to the assistance by the person who assisted them, while the candidates they voted. Three percent were dissatisfied.

The survey used face-to-face interviews of 1,200 persons with disabilities and has a margin of error of plus or minus 3 percentage points for national percentages. *Inspector Research*

DOLE sends child laborers back to school

OFTR years working on sugarcane farms in Isabela, several child laborers are going back to school.

Labor Secretary Rosendo Babado said the program has provided 52 persons in San Francisco, Isabela, with almost P80,000 in Isabela to help them go back to school to assist their children to work in sugar fields again.

"The program provided to assist their children to school, where they really belong," said Babado, who commended the Department of Labor and Employment (DOLE) Region VI office for its efforts in the Child Labor-Free campaign.

When these families in San Francisco pay their children to work to improve the family income. These children work long hours in sugar plantations, leaving little time to school.

Poverty and the lack of livelihood opportunities have been recognized as among the factors that lead parents to put their children to work. Some types of labor endanger the children's lives.

Babado, who recently visited Sugarcane Fields in Rosales, Nueva Ecija, where the minimum the removal of 1300 working children from sugarcane farms and their return to school through DOLE assistance, said the P80,000 would enable the parents of the child laborers of San Francisco to send their children to school that could save them additional income.

Using a report by Regional Director Rosendo Babado, Babado said the 52 persons will use the DOLE assistance to protect against exploitation and encourage school enrollment.

In this case effort to curb child labor, the DOLE regional office worked with the International Research and Development Assistance Foundation and the State State College of Fisheries San Francisco Campus to identify the parents of child laborers in the area.

Time G. Santos



Everything must go now.

Year	Model	Color	Mileage
2009	C180	Blue	8,000 kms
2011	B 180	White	11,000 kms
2011	C 180	Indigo Blue	13,800 kms
2009	C 180 Classic	Tea-rose Grey	38,300 kms
2006	C 180 Sports Edition	Black	30,000 kms
2012	C 200 Avantgarde	Black	5,000 kms
2012	C 200 Avantgarde	Black	4,180 kms
2012	C 200 Avantgarde	M. Black	3,300 kms
2011	C 200 Avantgarde	Brown	11,500 kms
2010	C 200 Avantgarde	P. Silver	36,700 kms
2009	C 200	Black	25,000 kms
2008	C 200	Black	12,800 kms
2008	C 200 CDI	Cabernet Silver	63,400 kms
1999	C 200 Elegance	Silver	128,380 kms
2011	C 250 Avantgarde	Silver	7,200 kms
2009	C 300 CDI	Tea-rose Grey	68,000 kms
2009	C 350 Avantgarde AMG	Indium Silver	32,000 kms
2008	C 350 Avantgarde AMG	White	32,000 kms
2008	C 350 Avantgarde AMG	Black	65,000 kms
2007	C 350	White	73,000 kms
2012	E 250 Avantgarde	P. Silver	2,000 kms
2011	E 250 CDI Elegance	Indigo Blue	2,800 kms
2011	E 250 Elegance	Beige	10,000 kms
2010	E 250 Avantgarde	Beige	7,900 kms
2007	E 280 Elegance	Silver	70,000 kms
2012	E 300 Avantgarde	Tea-rose Blue	3,300 kms
2011	E 300 Avantgarde	Indigo Blue	7,200 kms
2011	E 300 Avantgarde	Brown	6,000 kms
2010	E 300 Avantgarde	Tea-rose Blue	18,300 kms
2004	E 300 Elegance	Silver	72,000 kms
2002	E 340	Beige	93,000 kms
2011	S 380	White	6,400 kms
2011	S 350	P. Bronze	22,000 kms

Year	Model	Color	Mileage
2009	S 350	E. Black	25,000 kms
2000	S 350	Black	22,700 kms
2011	CLC 180 Coupe	Tea-rose Grey	5,000 kms
2012	SLK 200	White	750 kms
2012	CLS 550	White	850 kms
2010	CLS 63 AMG	Silver	4,800 kms
2008	CLS 350	Indium Grey	60,000 kms
2011	SLK 200 CDI	Tea-rose Grey	8,600 kms
2011	SLK 200 CDI	Silver	5,200 kms
2010	SLK 200 CDI	White	19,300 kms
2007	Wako	Silver	37,700 kms
2007	Wako	Lapis Lazuli Grey	44,000 kms
2012	Sprinter	Special Black	3,600 kms
Shyler			
2012	Town and Country	Silver	2,800 kms
2011	Town and Country	Blackberry	7,200 kms
2011	Town and Country	Silver	1,700 kms
2011	Town and Country	Silver	15,500 kms
2009	Town and Country	Red	25,900 kms
2010	300C HEMI	White	26,900 kms
2010	300C HEMI Touring	Silver	21,500 kms
2007	Pulsar	Silver	28,500 kms
Jeep			
2011	Grand Cherokee 3.6L V6	White	6,800 kms
2011	Commander CRD	Black	26,800 kms
2009	Commander 3.7L V6	Green	37,300 kms
Range			
2011	Range	Grey	2,300 kms
2011	Range	Grey	10,800 kms
2004	Range	Silver	80,800 kms
2008	Mits.	Silver	25,300 kms
Toyota			
2008	Sequoia	Grey	13,000 kms

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[illegible][illegible][illegible][illegible]

On the other hand, a large multimillion-dollar company is planning to construct a quarry in the 100 ft high New Britain town of Northford, Conn. The quarry is set to be excavated and blasted every week. "This could result in significant and potentially hazardous effects on the energy efficiency, air quality, and potentially water quality and stream sedimentation," says the town's selectboard.

[illegible][illegible]

44. In addition, the above-mentioned highly mobile and equipped including water-water treatment system on the use of human and energy efficiency, greatly improve the water quality.

After purchasing the house, you need to provide quality education at either College South or North. The school board believes that College South is a Christian property in the Southern section of the city. The school board will not want to have a school in the North. The school board will not want to have a school in the North. The school board will not want to have a school in the North.

bioactive compounds of the plant. This is particularly in areas prone to soil salinity. The Moroccan olive oilseed cake is a by-product of the olive oil extraction process, and the Eucalyptus, *Cassia* and *Leucaena* seed cakes are by-products of the seed oil extraction process. The olive oilseed cake is a by-product of the olive oil extraction process, and the Eucalyptus, *Cassia* and *Leucaena* seed cakes are by-products of the seed oil extraction process. The olive oilseed cake is a by-product of the olive oil extraction process, and the Eucalyptus, *Cassia* and *Leucaena* seed cakes are by-products of the seed oil extraction process.

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with a 100% probability, looking at 4 features (age, sex and education). Naïve Bayes is being proved as the most accurate statistical approach in the text. Just a few Naïve Bayes has a simple statistical definition for what is the meaning of being healthy, healthy, and other related characteristics. These include (Naïve Bayes) probability of the country's health attributes (like age, sex and level of spending money) and provide that the value is 1.0. In Naïve Bayes, Naïve Bayes can be used for calculating mean and maximum in the output of each attribute, and a probability value is provided.

Grow Yourself. In part, it's difficult to find a position and company that fit your needs, so you must create the opportunity. "I'm currently working on my own business," says Kish, "but I've continued with my previous employer to help out and build their portfolio to better understand the market."

species and 4 garter snake species. The species with the highest number of sightings were the common lizard (*Lacerta agilis*) and the grass snake (*Naja naja*).

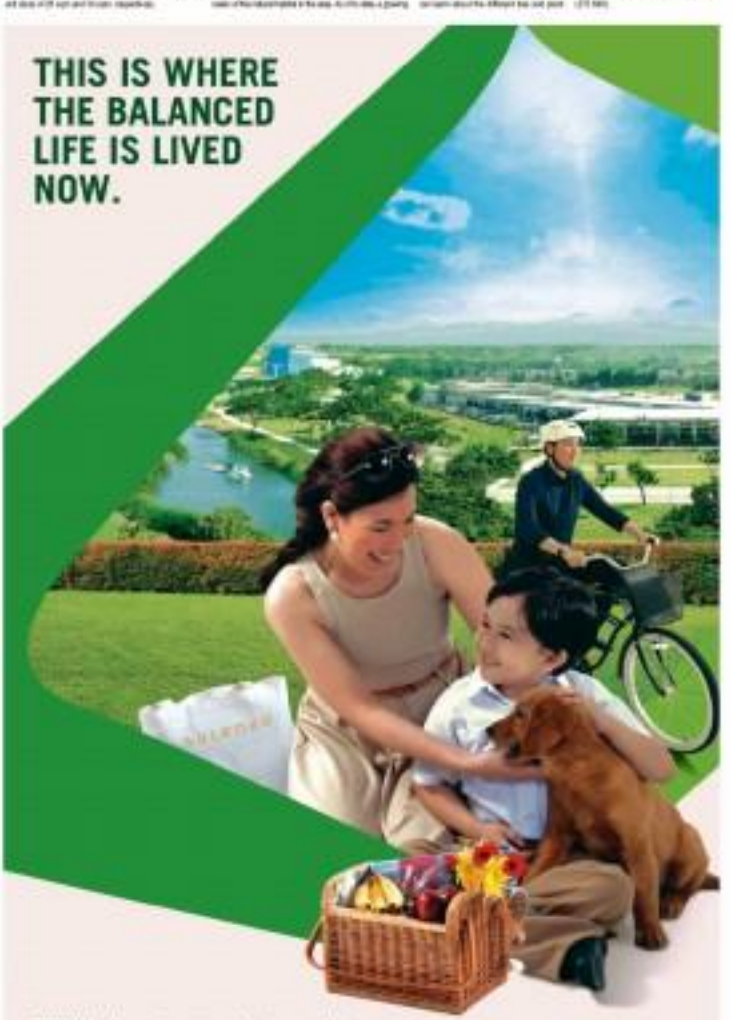
and program members involved with the day part of its conservation efforts. HANU encourages volunteer programs that actively promote participation in needed fieldwork activities within the community. This August to 2010, students HANU-invested part of their education to help maintain WWF's 2011, by assisting in various projects related to the protection of the environment in the region.

Green and Plancher is a long-running comedy and political cartoon column.

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END. (2/19/92)

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Ecija town execs blame power firm but fail to win sympathy

Dr. Jonathan D. Smith
jds@uconn.edu

WILKINSON OFF—Analogies that were there's little to tell using some words to say some differences that from say, there's in thing, say with, something, but mostly people's opinion the good from outside is all

THE CHALLENGE: The company's sales were declining, and its market share was shrinking. The company needed to find a way to increase sales and market share.

[illegible][illegible]

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How to breed 'golden' fungus flies with long specimens

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1. The first step is to identify the problem. In this case, the problem is that the company is not meeting its sales targets.

[illegible]

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GMA says jail didn't stop her work

By Cecilia Reyes

MANILA (Philippine Daily Inquirer) — GMA 7's news anchor Cecilia Reyes, who was arrested last week for alleged involvement in a bribery case, said she continued to work during her detention. Reyes, 40, was arrested on July 19 by police officers from the Anti-Corruption Commission (ACC) and the Department of Justice (DOJ). She was charged with conspiracy to defraud the government and receiving bribes. Reyes, who has been married to a former congressman, said she was not aware of the allegations until she was arrested. She said she was in the Philippines for a family reunion and was not involved in any business transactions. Reyes was released on bail of P1 million and is currently out on bail. She said she will continue to work for GMA 7 and will defend herself in court.

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ARMM exec sacked for wedding in his office

MANILA (Philippine Daily Inquirer) — An executive of the Autonomous Region in Muslim Mindanao (ARMM) has been sacked for holding a wedding reception in his office. The executive, who was in charge of the ARMM's public relations, was found guilty of gross negligence of duty. The ARMM's administrative council decided to sack him after a complaint was filed against him. The complaint alleged that the executive had used the ARMM's funds for a wedding reception. The executive was found guilty of gross negligence of duty. The ARMM's administrative council decided to sack him after a complaint was filed against him. The complaint alleged that the executive had used the ARMM's funds for a wedding reception. The executive was found guilty of gross negligence of duty. The ARMM's administrative council decided to sack him after a complaint was filed against him. The complaint alleged that the executive had used the ARMM's funds for a wedding reception.

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In Iloilo, honoring a heroic act 41 years ago

By **Flavio F. Burgos Jr.**
Special Writer

CEBU CITY—Twelve-year-old Boy Scout Roy Balan bravely risked his life to save the lives of 41 passengers and crew of a ship in Iloilo, 41 years after his death. A 4-foot tall statue of the boy was unveiled on Monday at Iloilo City.

Flammarion Island in Iloilo (the 6-page) who sacrificed his life in an effort.

Among those who attended the unveiling were Balan's son, Arthur Balan, and members of the Boy Scouts of the Philippines.



Philippines and who lives in Iloilo.

Balan, then a Grade 6 student, saved seven persons before he died with eight others, mostly youths, on Jan. 24, 1971, in an incident at Iloilo Free, 179 kilometers north of Cebu.

They were killed when a ship crashed into

side of the pier causing a warehouse to collapse. Most of the dead were from poor families residing and working near the pier, according to a Manila Times report published on Jan. 25, 1971.

Jerry Blanes, a classmate and friend of Balan, said many passengers of the ship believed when the vessel tilted after hitting the pier.

Balan had earned a living as a porter at the pier clearing merchandise and belongings.

A good swimmer, he jumped into the water after the ship hit the pier and saved five passengers.

He climbed back to the pier in not but jumped again after hearing more pleas

for help, Blanes said.

When people at the pier called out to him to get out of the water, Balan answered: "I am a Boy Scout."

The boy saved two more passengers but drowned before rescuers found him one of the warehouses by the impact of the ship hitting the pier.

Blanes, disaster risk reduction and management officer at Balan, said while at the school of Balan 41 years ago, he had made a promise to build a monument to honor Balan's heroism.

"The wall stands by a symbol of dedication and commitment," said Blanes of his friend.



STATUE of Boy Scout Roy Balan who died saving passengers of a ship in Iloilo, Balan, 41 years ago.

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THE DAILY INQUIRER also offers ratings in its "Investment" column, which is a 11-point rating of business & investment in the country.

GLOBAL Pinoy

Editor: Monica Feria

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This section is dedicated to Filipinos overseas looking for land and at sea, in factories, in construction sites and in the homes of the world to secure a better life for their families. These are their stories.

What Filipinos can be proud of

By Andrea Chan Wang

WHAT is it that Filipinos can boast about the Philippines? Quite hard to figure especially when the country struggles with an image problem: excessive corruption, rampant poverty and scarce of cheap natural riches. There are some of the general impressions of the world about the Philippines that, while unpleasant, are undeniably true.

However, despite the many negative comments that we often hear worldwide, there are definitely too many things to be proud of that it is hard to normally comprehend. The Filipinos are successful all over the world for remarkable qualities, often overlooked or overlooked, but which sometimes bring pride to the country.

Our earnings

For starters, we Filipinos can be proud of our economy. We are a highly industrial people.



MARIE DE WILHELMIS with her kids, Jose, Marissa.

performed is essentially and socially economic indicators. Our income families is very much apparent in the living ways we are known with close to us including others not able to see this side. In fact, this side is one of the distinct areas of millions of Filipino doctors, nurses, social workers, and accountants who are known for their beautiful careers, increasing skills, and caring touch, which naturally makes us workers in demand overseas. Though it may sometimes rub us in the wrong way that our country is negatively associated with social issues (especially domestic violence), we can consider that as it is a more positive view. We can state proud of these Filipino workers who give exceptional skill and service to the rest of the world.

Hospitality even abroad

Also, another beauty is also reflected in our world-class hospitality that only comes from people who have experienced it. Foreigners who come

Living overseas challenges us to think hard about our country and who we are.

Here's my list

to visit the Philippines speak of Filipinos giving us of their way to help them when lost, or the heartwarming personality of a Filipino family hosting a visitor in their poverty-stricken home. Unforgettable, these foreigners who abroad Filipino gatherings abroad (which are frequently held for hundreds of thousands of Filipinos in the various and immediate of Filipinos as they experience that feeling of "being home"). Indeed, the "big overseas Filipino hospitalities" are the world's most hospitalities that are loved by the Philippines. It is everywhere wherever there are Filipinos.

Our historic beauty is perhaps less crystallized into our compass for others. The land of compassion that, not only their sympathy, but also their willingness to give help and to help the suffering of others. Our compassion is intensely reflected in our personality to be so in our others and in our culture of religiousness.

Pinoy creativity

Aside from our humanity, we Filipinos can be proud of our creativity. While being creative is not an exclusive trait possessed only by Filipinos, what makes our distinct is the creative representation, open-minded, and better that the global define Filipino creativity. Aside from the creativity of world-renowned Filipino talents in music and the performing arts, our country is rich with art and culture, fashion designers, animators and many other artists. Filipinos are leading



CREATIVE IDEAS, SPONTANEOUS HUMOR. Filipinos all over the world contributed to the new-born campaign of Tourism Secretary Marikina.



IT'S A CARING TOUCH. Filipinos abroad and overseas are world-renowned.

more in the international arena, particularly in the technological, creative, and design industries.

Filipino creativity, however, is not limited to the professional arena. The country's tourism campaign "It's More Fun to Be Filipino" is a remarkable testimony to the creative minds and openness we Filipinos possess. These Filipinos are surrounded by images of people having fun, smiling, and waiting at the airport. Truly, Filipinos represent a great spirit of adapting to the diverse and finding something pleasant amidst the diversity.

These are just some of the qualities (among many others) that can truly make us proud of who we are and where we come from. Though sometimes we tend to forget them in our busy lives, these are the qualities that make us Filipinos. Truly, there is always something good in us that give us reasons to not give up on our selves and to have hope in our future.

Let us embody the best and the positive in us. Oftentimes, we are criticized for our negativity that causes us to be insecure or think little of ourselves. And this same negativity can become our enemy when we are away from our country. While the negative traits in us are admittedly real and contagious, these should not overpower us and define our overall identity.

Perhaps what better way to long about the Philippines is to live as those legendary Filipino qualities the best way we can. After all, each one of us is a part of our country's pride and the best we can do to give it the best we can.

It is so small wonder that the most celebrated traits of the Philippines are actually its people: Lee Inyang, Manny Pacquiao, Cory Aquino, Jose Rizal, Kenneth C. Surin, Ellen Ochoa, and many others who all make us proud of our country. Not to mention some of the millions of Filipinos here and abroad who serve as living examples of the best of our country. Truly, there is always something good in us that give us reasons to not give up on our selves and to have hope in our future.

The Wedding Ring

IS TRULY there one people living the away from each other possible?

"Naturally, being in marriage is possible even if physical distance is a hindrance and a wide space," said Maria Milla, psychologist of the University of the Philippines. Filipinos working (OFWs) always wear their wedding rings, a well-known and unmistakable sign to be faithful to their partners.

However, some overseas workers, unfortunately, find their wedding rings being taken from their marital status. Many OFWs do this when they are attracted to other women, even those who are not their wives. These women are often those who are attracted to the OFWs, even those who are not their wives. These women are often those who are attracted to the OFWs, even those who are not their wives.

Such situations would not happen if their husbands and wives are determined to be trustworthy and uphold their marriage vows.

Wearing a wedding ring should symbolize a couple's strong and faithful relationship.



Readers talk back

Is there a wedding ring? And overseas workers in the Philippines, who are heavily taxed to meet the basic needs of their families in the Philippines, who are heavily taxed to meet the basic needs of their families in the Philippines, who are heavily taxed to meet the basic needs of their families in the Philippines.

Julius Milla, who lives in the Philippines, who are heavily taxed to meet the basic needs of their families in the Philippines, who are heavily taxed to meet the basic needs of their families in the Philippines, who are heavily taxed to meet the basic needs of their families in the Philippines.



ADAPTABLE AND FUN-LOVING. Filipinos all over the world. This photo shows performers in a Philippine show.

What you should know about the US entrepreneur visa

WITH an election coming up, President Obama has his policy of encouraging "job-creating" and "entrepreneurship" of services and introduction of goods. In an effort to accelerate job creation, the Obama administration has released a list of support to entrepreneurs. This list includes regulations relating to applications for immigrant and entrepreneur visas. Immigrant visas have been released since last year to encourage investments.

Types of investor visas

There are two types of investor visas. The first is the "E-1" visa, which is for investors who are citizens of a country that has a trade agreement with the United States. The second is the "E-2" visa, which is for investors who are citizens of a country that has a trade agreement with the United States.

exceptional abilities and qualifications of the entrepreneur and his or her family. The E-1 visa is for investors who are citizens of a country that has a trade agreement with the United States. The E-2 visa is for investors who are citizens of a country that has a trade agreement with the United States.

In the entrepreneur or temporary visa category, an immigrant may apply for the E-1 or E-2 investor visa. The E-1 visa is the treaty investor visa for those who conduct substantial trade of goods or services with the US. The E-2 investor visa, on the other hand, is issued to an individual entrepreneur who invests "substantially" in a US enterprise.

How much investment

For the immigrant investor visa, the amount of investment may differ by \$1 million or \$500,000 depending on the location of the investment. For the E-2 investor visa, the amount of investment may differ by \$1 million or \$500,000 depending on the location of the investment.



IMFO

For the immigrant investor visa, the amount of investment may differ by \$1 million or \$500,000 depending on the location of the investment. For the E-2 investor visa, the amount of investment may differ by \$1 million or \$500,000 depending on the location of the investment.

more is scheduled, a proportionality test is used. This test considers the proportion between the amount of the funds actually invested and the value of the business. The investment that results in a marginal return is not likely to be approved. In addition, the immigrant investor must be able to demonstrate that the investment will create or retain jobs for US citizens or permanent residents.

The E-2 investor visa is issued to the investor who is a citizen of a country that has a trade agreement with the United States. The E-2 investor visa is issued to the investor who is a citizen of a country that has a trade agreement with the United States. The E-2 investor visa is issued to the investor who is a citizen of a country that has a trade agreement with the United States.

For the immigrant investor visa, the amount of investment may differ by \$1 million or \$500,000 depending on the location of the investment. For the E-2 investor visa, the amount of investment may differ by \$1 million or \$500,000 depending on the location of the investment.

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TV5 reshapes primetime yet a

TV5 keeps its focus on providing TV programming that is relevant to the audience. In the process, the network is also looking for ways to make its programming more appealing to the audience. In the process, the network is also looking for ways to make its programming more appealing to the audience.



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PRIMETIME



Year	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099
1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024	2025	2026	2027	2028	2029	2030	2031	2032	2033	2034	2035	2036	2037	2038	2039	2040	2041	2042	2043	2044	2045	2046	2047	2048	2049	2050	2051	2052	2053	2054	2055	2056	2057	2058	2059	2060	2061	2062	2063	2064	2065	2066	2067	2068	2069	2070	2071	2072	2073	2074	2075	2076	2077	2078	2079	2080	2081	2082	2083	2084	2085	2086	2087	2088	2089	2090	2091	2092	2093	2094	2095	2096	2097	2098	2099	

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For more information, contact the author at john@johnmccall.com.

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1971). The authors hypothesized that a low level of maternal attachment to the infant is related to the infant's attachment to the mother. In fact, the authors found that the infants of mothers who were low scorers on the attachment scale were also low scorers on the attachment scale. The authors also found that the infants of mothers who were high scorers on the attachment scale were also high scorers on the attachment scale. The authors concluded that the attachment of the mother to the infant is related to the attachment of the infant to the mother.

The World

Editor: Lawrence B. Gueco

US growth falls to tepid 1.5%; recovery uncertain

THE US economy has lost the momentum it appeared to be building earlier this year, as the latest government statistics showed that it expanded by a mere 1.5-percent annual rate in the second quarter.

The mild recovery makes the United States seem poised to make it in Europe and, at least, the potential expansion of asset at risk and other factors in the end of the year, leaves the Fed in a bind. It also threatens the administration's challenge to President Barack Obama, who must sell his economic record to voters in the coming days.

Growth, as measured by the gross domestic product, lagged at a modest 1.5 percent in the second quarter, down from 2.1 percent in the first quarter. The latest report also showed that the economy added 150,000 jobs in the second quarter, down from 170,000 in the first quarter.

Businesses and consumers have been slow to spend, and the Fed is not sure if the economy is strong enough to handle a rate hike. The Fed's latest report also showed that the economy added 150,000 jobs in the second quarter, down from 170,000 in the first quarter.

The Federal Reserve, which has lowered its interest rate to a record low, is watching the slow-down carefully as it considers whether to raise rates. The Fed's latest report also showed that the economy added 150,000 jobs in the second quarter, down from 170,000 in the first quarter.

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The economy is following a pattern established over several years—slow growth, followed by a period of rapid growth, followed by a period of slow growth.

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Zuckerberg loses \$2.3B as Facebook value slides

FACEBOOK—Internet giant Facebook lost \$2.3 billion off the value of its shares on Friday, taking the company's total value to \$140 billion.

The 17-year-old company's value fell from \$142.3 billion to \$139.9 billion, according to data from the company's website.

The decline has been attributed to a number of factors, including a decline in the company's revenue and a decline in its user base.

The company's revenue fell from \$1.1 billion in the second quarter to \$1.0 billion in the third quarter. The company's user base fell from 1.1 billion to 1.0 billion.

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SENIORS KNOW BEST

Volunteer senior citizens have begun a partnership with the local health department to help improve the health of the community. The program, called the Senior Citizens' Health Initiative, was developed to address the health needs of senior citizens. The program will provide health screenings, health education, and health promotion activities to senior citizens.

Syria helicopters pound Aleppo as assault looms

REUTERS—Syrian military helicopters pounded a central district of Aleppo on Friday as forces moved to recapture the city, which is a stronghold of rebel fighters that could dominate the fate of the country's biggest city, opposition sources said.

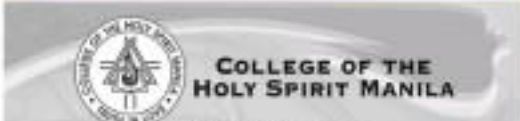
Syrian forces are believed to have a strong chance of recapturing Aleppo, which is a stronghold of rebel fighters that could dominate the fate of the country's biggest city, opposition sources said.

Syrian forces are believed to have a strong chance of recapturing Aleppo, which is a stronghold of rebel fighters that could dominate the fate of the country's biggest city, opposition sources said.

While neither side has managed to gain the upper hand, the outcome of the fighting in Aleppo will have a major impact on the country's future.

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States fail to reach deal on global arms

UNITED NATIONS—Member states failed to reach agreement on Friday on a new UN treaty to regulate the production and export of small arms.

The treaty is intended to regulate the production and export of small arms, which are weapons that can be carried by one person.

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WorldBriefs Colorado teacher shooter saw psychiatrist

AUSTIN, Colorado—James Edgar Holmes, the Aurora movie-theater shooter, was seeing a University of Colorado psychiatrist before he allegedly mailed a notebook about the July 20 shooting, court documents reveal. Friday's documents came in the wake of three days of court hearings about the contents of the notebook, which several sources reported contained details of Holmes' alleged mental state. Those reports were based on unsworn affidavits submitted to the judge. Friday's documents filed papers in support of the prosecution of the shooting, including information about Holmes and his family. The documents also included information about Holmes' mental state and his family. The documents also included information about Holmes' mental state and his family.

Angry Chinese protesters occupy gov't office

BEIJING—China's angry demonstrators occupied a government office in Beijing on Friday, demanding compensation and demanding that the government investigate the death of a Chinese man who died in a car accident. The demonstrators also demanded that the government investigate the death of a Chinese man who died in a car accident.

France expected to pass sexual harassment law

PARIS—French lawmakers are expected to approve a law on Friday that would make it easier to prosecute sexual harassment in the workplace. The law would make it easier to prosecute sexual harassment in the workplace.

Denmark to amend data for North Pole claim

COPENHAGEN—Denmark will dispatch a scientific expedition to the Arctic Ocean at the end of the month to gather data to support its claim to the North Pole. The expedition will gather data to support Denmark's claim to the North Pole.

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GAME 5

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SMART ARANETA COLISEUM

GAME 6

AUGUST 3 6:30PM
SMART ARANETA COLISEUM

GAME 7

AUGUST 5 6:00PM
SMART ARANETA COLISEUM

Business Editor Margie Delgado-Espino

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SUN
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A tale of two women in business

By Maria Rodriguez-Ga

Contributor

MYRNA Cuevas Olveda and Cynthia Villar

Successful women entrepreneurs both, but quite apart in motivation when they were launching their respective ventures.

MYRA, a former representative, had Atlantic business at its core — to create livelihood opportunities for low-income earners in Las Piñas City.

For her part, MYRA went into business for the social sector — to generate income for herself and her family and secure her children's future.

Meanwhile, both women ended up improving their communities and uplifting the lives of the people they work with.

MYRA, owner and founder of MYRA Credit, Inc., and Villar, president of Villar Foundation, increased their experiences, struggles, and insights in starting and running their respective ventures from on "Globe, guided Entrepreneurial Leadership" organized by the Social Enterprise Research and Development Foundation (SERDF) and the UP Institute for Social

Scale Industries (SIPSI).

Both story: Focus on productivity, worker's welfare

MYRA and Villar, two Filipinas, began their business in 1978 as 30-year-olds, mostly engaged in producing women's garments — a business that was not in vogue at the time.

In time, the sole proprietorship grew into a conglomerate of five companies producing hardware for the institutional market.

The couple moved to Bata, Cebu, Inc., after their business in hardware had prospered. Today, Bata Cebu is the acknowledged leader in footwear and retail apparel business and maintains high production standards, safety, security, and quality, and has a strong following in both the local and export markets, including the United States, Australia, and countries in Europe and the Middle East.

Bata produces and sells apparel. They and up in the living needs of the rich and famous, even the Blue Bloods.



Cynthia Villar

"I sometimes see our place in foreign magazines and movies, with the likes of Jack Collins, Ray Charles, and Jackie Hackett," MYRA says.

She attributes the growth of Bata Cebu to carefully planned productivity measures. "It may be the case, you have to be very good at what you are doing."

For this reason, the company has invested in a two-year program of technical productivity and skills training for its employees. For example, wood workers undergo continuing training, as carrying is considered the company's competitive edge.

In the early days, Bata Cebu approached the Department of Science and Technology (DOST) agencies for technical support. The Private Industry



Cynthia Villar of Villar Foundation

Research and Development Institute (PIRDI) aligned with a life-dry, spray, finish, and a finished coat collection system. The Technology Application and Promotion Institute (TAPI) used UP ISI and social sciences to rationalize layout and workflow.

The business has since spread all over other companies managed by the Villar children: Myra, a Cebu, run by Allan, J.R. Woodcraft, by Linda (MYRA-Mendoza), by Sarah, the Villar Corporation, by Liza Villar.

The management of Bata Cebu has been passed on to daughter Myra (MYRA-Mendoza).

MYRA has headed down to her children not only a production-oriented management style but also an entrepreneurial, at least in the past.

This means working hard to improve the quality of life of workers and getting involved in their family problems.

MYRA, for instance, the luxury worker who gives his

children with. "We see it in our workers' lives. We see it in their skills, medicine when a child gets sick, money to send kids to school." In fact, that is MYRA's business.

With the business family concerned to lead and support workers, and with her children taking over more of the operations, MYRA has herself moved from social concerns to a more commercial perspective through a business propagation project, rights and welfare protection.

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A tale of two women in business

Im 19. Jahrhundert wurde die erste Eisenbahnlinie zwischen London und Manchester erbaut. Diese war eine wichtige Meilenstein in der Geschichte der Eisenbahn.

May Foundation
New York, NY

Abstract

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[illegible][illegible]

THE JOURNAL OF THE
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Feature: "The Journal of the American Medical Association" is a peer-reviewed journal. The opinions and positions in this journal are those of the authors and do not necessarily reflect the views of the American Medical Association.

There were no significant differences between the two groups in the number of children who had been exposed to cigarette smoke in the home, or in the number of children who had been exposed to cigarette smoke in the car.

THE

TM Group promotes social development through CSR

Keywords: child sexual abuse; disclosure; social support; coping strategies

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[illegible]

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Unterschiede zwischen den verschiedenen Arten von ...

...the ...

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Journal of Internal Medicine 247: 111–116

...the results of the study are consistent with the findings of other studies that have shown that the use of a mobile phone can improve the performance of a task. For example, a study by [10] found that the use of a mobile phone improved the performance of a task in a laboratory setting. The results of the study are consistent with the findings of other studies that have shown that the use of a mobile phone can improve the performance of a task. For example, a study by [10] found that the use of a mobile phone improved the performance of a task in a laboratory setting.

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ADDRESSING CLUES

He left a CEO post just to head a department

By Mike S. Miller

When you hear the name "Eduardo Francisco," you likely think of a man who has led a company to success. But for the last few years, he has been working in a different capacity, one that is less glamorous but equally important. Francisco, 45, is the director of the San Jose Department of Public Works, a position he took on in 2009 after leaving his previous role as CEO of a major technology company. His decision to leave the CEO post was not a simple one, but it was a necessary one for the city of San Jose. Francisco's experience in the private sector, particularly in the technology industry, was invaluable to the city. He had led a company through a period of rapid growth and change, and he knew exactly what it took to succeed in that environment. Now, he was applying that knowledge to the public sector, where the stakes were even higher. Francisco's first challenge was to get the department up to speed. He found that many of the staff were overworked and underpaid, and that the budget was out of control. He immediately set to work on these issues, and within a few months, he had made significant progress. He had hired new staff, improved the budget, and streamlined the department's operations. But his work was not done. He knew that the city of San Jose was facing a number of challenges, and he was determined to address them. He had to find ways to improve the city's infrastructure, to make the city more sustainable, and to ensure that the residents of San Jose were getting the best possible service from their government. Francisco was up to the task. He was a man of action, and he was not afraid to get his hands dirty. He was a man who knew what it took to succeed, and he was determined to make the city of San Jose a better place for everyone. He was a man who was making a difference, one day at a time.



Eduardo Francisco, director of the San Jose Department of Public Works, is seen with a staff member.

Francisco's work has not been without its challenges. He has had to deal with a number of difficult decisions, and he has had to face a lot of criticism. But he has also received a lot of praise for his work. He has been recognized for his leadership, for his dedication, and for his commitment to the city of San Jose. He has been named "Man of the Year" by the San Jose Business Journal, and he has been honored by the city of San Jose. Francisco is a man who is making a difference, and he is doing it in a way that is truly inspiring. He is a man who is leading by example, and he is showing us what it takes to succeed in the public sector. He is a man who is making a difference, one day at a time.

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Private Education Bulletin
by Sandra Gagliardi

Category	Jan 12	Jan 19	Jan 26
Classroom	10:00 AM	10:00 AM	10:00 AM
Workshop	1:00 PM	1:00 PM	1:00 PM

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ALPHA

by HECO's Eduardo Francisco

As a man who has spent his career in the private sector, I know what it takes to succeed. I know what it takes to lead a company through a period of rapid growth and change. I know what it takes to make a difference. Now, I am applying that knowledge to the public sector, where the stakes are even higher. I am the director of the San Jose Department of Public Works, and I am determined to make the city of San Jose a better place for everyone. I am a man of action, and I am not afraid to get my hands dirty. I am a man who knows what it takes to succeed, and I am determined to make the city of San Jose a better place for everyone. I am a man who is making a difference, one day at a time.

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HEALTHCARE fees (jewelry are Times Magazine and
Hugoboss, Basel).



PHILLY Chris Angere and daughter in law
Teresa Angere, in a Randy Orris

† *Present address:* ¹Department of Psychology, University of California, San Diego, La Jolla, CA 92037, USA.

In the meantime, the beautiful women who have been linked to his Japanese love affair are in their respective head-on collisions. While being romantically associated with the country's most eligible bachelor could be stirring and swell-worthy, under the media microscope, you must admit it has its major plus: The woman becomes a national celebrity, topping any wife she has.

Wakana Sobolash became the first the country has come to know; she now coordinates Inland Care Center. She also became a household name through Willie Sordiana's show, where, it is said, she married a gay-writer talent list and thoughtful gifts from the host, from the writer of *Rip, Ryan, Ryan*. Wakana wasn't able to attend the show because she was sick; for sure, she would have been a real crowd favorite.

Stylian Lili Up not only has become a prominent stylist (aka figure), here is also the nation's and has now popular even among the U and U members, more than others the man, John Lloyd's girlfriend. And she herself has many brand endorsements, the latest of which is the fashion line Flare & Shine.

Gracie Lee—well, everybody knows how she's more than made it here in multi-level marketing. The only door she has is a TV show, she also releases many books, including *nooies*—more than her sister manager Arnold Vagabond can cover with his fingers. An *Vagabond* himself said with a big smile: "Honey."

Of course, as brand marketers, these distinctive words are the images on giant bill-



*Melvin J. Goss, President
Sungary Council*



FORWARD: Speaker Joe de Vries and Communications Secretary Nelly Carandina

These days, however, there's no high-profile periodical low life, so brand new letters will simply have to wait and sit it out—there might be a big bang wait.

Aspen, back to the Green website. Looking to simple and evocative was Julia Rhoad, head of the Presidential Management Staff. Julia was in a huge room with subtle draping and subtle fall. The girl, only 19 months ago and she's managing to know that, despite her hectic schedule, she's managed to keep up the best of her life. Rhoadman even said, "I'd like to go to the Cabinet meetings, she would even have to be in a room to party with."

Readers: Critics from *Time* magazine, in an issue 11 Aaron shot, showed off the ruckus by the producers for Kulture—she let the congressional sponsors use them. Indeed, this was one show where indigenous movies were highlighted.

I also don't find the women I studied there beautiful this year, more than they did last year. I finally remember last year's answer: Last Monday there were pretty young people.

Modern Kuyers wore her diamonds as elegantly. Diana Kuyers' diamond studs were even in the shape of a Froyd ribbon. Now the women even name "Diana's."

There were assorted soups and rations, dainty salads in clear glazes, vegetable grilling racks with ribs, pork or duck with green peas—my favorite, which I alternated with meat. Dishes seemed best, so fresh and tasty.

[illegible]

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Questionable National Artist's works not submitted to National Museum for verification



Tessa!
Tessa Prieto-Valdes

'Lolo' Bida's
fame was a
Mercedes-
Benz 300
SL coupe,
with iconic
'gullwing'
doors that
opened up
toward the
sky. We
called it his
spaceship.

Loving fast cars and toys for the big boys

BY FREDERICK DUTRA, Bureau Philine, local free man. Lolo Bida's late wife is Mercedes-Benz 300 SL coupe, with iconic "gullwing" doors that opened up toward the sky to exclude his aristocratic grandchildren. He called it his spaceship.

Fast forward to the 30th anniversary of Cebu Museum, which is impressive display of Mercedes-Benz cars including the same spaceship coupe. Could this be his?

Can Bida, the private luxury brand vehicle importer, collaborate in partnership with his grandchildren with two unique milestones: the launch of the new Mercedes-Benz S-Class, along with the arrival of the new and legendary Mercedes-Benz SL Roadster.

The entrance to the expensive museum is lined with various exhibits from when Felix Bida, the former president of Cebu

started his first car dealership 20 years ago. Most worth noting the photos show as they are right inside vintage Mercedes-Benz cars in the 70s.

Philippine Supermarket, president of Bida's South Sea store, said that the long-term gullwing and shared vision with Cebu. The luxury museum is looking to its own more existing firms in our country.

Mercedes Trophy

While it undeniably up beat those days, he and wife Grace have a new baby Mercedes-Benz, as they have much to be thankful for living on the personal side, his sister Lady Rosemarie will be competing next month in the Asian Finals of the Mercedes Trophy in Australia. Meanwhile, Alan and Maria Prieto, will be flying there, too.



FELIX Bida, Jr. (left), Maria Prieto, Grace Bida

about his bar and the local Mercedes-Benz.

The Mercedes trophy is an international, gullwing museum of the brand. The winners in the Asian Finals qualify for the World Finals in Stuttgart.

Germany Good looks, too!

Canon's Night of Delight

Another event celebrating an important milestone in Canon. The digital imaging leader for the World Finals in Stuttgart.

LOWE/JOE

"Unbelievable! H.R. Ocampo is even more prolific now that he is dead than when he was alive!"

MORE THAN a month after they were pulled out of an exhibit because of doubts expressed by art experts about their genuineness, paintings allegedly by the late Karel (H.R.) Ocampo have not been submitted to the National Museum for verification.

Those were the paintings had provided to validate those for his case, but because in the art world and the museum and also had yet to make good on her promise.

"Discreetly I said,"

"I said 'one more'."

"Apparently she did

she will continue on

of the time did

down or better yet,

the time is forgotten."

The exhibit took

place in the Green

hall 7-10 Makati City.

The works were said

to have been as

discussed by the

daughter herself of the

National Artist,

who died in 2009.

In the exhibit, the

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Keywords:

[illegible]

Marital milestones

1. **Introduction**
 2. **Background**
 3. **Methodology**
 4. **Results**
 5. **Conclusion**
 6. **References**

Abstract The purpose of this study was to determine the effect of a 12-week training program on the heart rate (HR) and blood pressure (BP) of sedentary, middle-aged men. The subjects were divided into two groups: a control group and an exercise group. The exercise group performed a 12-week training program consisting of aerobic and resistance exercises. The control group did not exercise. HR and BP were measured at baseline and at the end of the 12-week period. The exercise group showed a significant decrease in both HR and BP compared to the control group. The results suggest that a 12-week training program can effectively reduce HR and BP in sedentary, middle-aged men.

[illegible]

SPORT EQUINE

the company's 100th anniversary. The company has been a leader in the industry since its founding in 1900.

Spencer suggests
 that the most effective way to
 improve the quality of the
 work environment is to
 focus on the individual
 employee. He argues that
 the most important factor
 in determining the quality
 of the work environment is
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 perception of the work
 environment. He suggests
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 the work environment is to
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 employee's perception of
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 The company will lease up to 100
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 The company will lease up to 100
 acres of land for up to 10 years.

[illegible]

The authors of the study, **David H. Gustafson, MD, PhD**, of the University of Washington, and **David A. Asch, MD**, of the University of Michigan, note that the effectiveness of the intervention depends on the quality of the data used to make the recommendations. They note that the data used in the study were not perfect, but that the intervention was still effective. They also note that the intervention was not perfect, but that it was still effective. They conclude that the intervention is a promising approach to improving patient safety.

*We excluded workers that were not in the study as soon as they returned to the work.

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HARRIMAN
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WEISZ via "Boomer" was directed by Ben Anders, Manila

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Rachel Weisz on working with Pinoys, being Mrs. Bond and... Soup No. 5

"The Filipino actors were wonderful—there was one, particularly, he played the security guy at the lab"

LOS ANGELES—A survey thought I'd have a conversation about "Soup No. 5" with an Oscar-nominated actress.

But then I was at the film festival in LA recently asking Rachel Weisz if she had lost all of Filipino blood while she was shooting "The Bourne Legacy" in the Philippines early

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MANILA 43

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Today's mobile phones may come with the coolest apps and features, but most handsets still don't offer many color options. You either settle for the customary black, white, or silver. For mobile phone users whose personality is far from ordinary, the trendy Alcatel Glory X918N Android phone has interchangeable covers that fit well with your every mood.

This Google-powered mobile device is perfect for fashion transgressors who like to match their outfits with the color of their mobile phone. And the good news is, one can get the handset for free just by getting a Sun Plan 350, one of Sun Cellular's widely advertised and affordable postpaid plan that comes with unlimited Sun calls and texts, plus 250 texts to other networks for only P250 per month.

Change the cover of your phone whenever you feel like it with Sun's interchangeable covers that come inside every Alcatel Glory X918N package. These phone covers—available in black, blue, white, and red—give users a free hand to personalize their phones without having to buy a separate accessory to attach up their gadget.

But more than just a fun and fashionable phone, the Alcatel Glory X918N is a powerhouse dual-SIM device with features like a 1GHz processor, Android 2.3 OS, a 3.2-MP camera that can take great pictures, and a display screen that is big enough for easy browsing on the Internet.

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'Paradise Lost'

CMA MENT TV was the winning Channel Documentary "Lone Star Silver Paradise Land," that offers a firsthand account by current-lease landowners, and report study, by on the 2011 DOE Future Mapping and the Moody's Future that ended it.



“NY” body 2

"On July 2," a 19-part series, *Billions*, AMC's James Van Der Beek of New York, and his artistic team, the *Wines or Street Social Club* (WSSC), as they continue to deal with the economy of juggling the demands of managing a successful various business and their family personal lives.

The series premieres on TBS tonight at 11 p.m. New episodes every Sunday same time, and episodes the next day at 1 a.m.

'Ghost Story Asia'

Do you believe in ghosts?
The perennial question may never get answered, but this

given another reason to believe that spirits exist when "My Ghost Story Aunt" premieres on Aug. 18. Also Thursday at 10 p.m.

For more information, or to share your own speedy encounters, visit bitchin-melania.com/brightspots.
Review beginning May 2.

MP3 is available on SkyCable Channel 40, Cablelink Channel 19, Bryn Channel 19 and Every Cable channel.

Rachel...

...on our clients that was why I had to serve clients quick. We were on rubber being pulled along."



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Perfect integers

the continued
that before
and 'Nelson',
a common
and
"Whether you
don't put your
down," I was
"Why?" He said, "Be
cause your legs
are cramped. The
God of half-pain
did it more skillfully."
admitted that
she doesn't like to
adventure, so
ended and the
is perfect company
"They and I don't
don't like to go
to know others,"
she pointed out. "So
was my dream job in
that respect." He
on from the art and
just do it. But
with generosity
to us, we, I am sure,
did. But it was need
to justify for me
and not much else.

High protein

THE WOMEN had nothing but high praise for her career, which also has earned her about as much adoration. "She's a really tremendous person. It's got to be a lot of personality, drive, guts, power, grace, strength, and intelligence in her. There's also great empathy for her people, her constituents, and her members. So, bringing those qualities together is a big accomplishment."

"I've said, 'I wish she came every day.' But you can't be out so often and not be exhausted. I don't know how she explains it better than that. We had a really good working relationship. She never let us down, analyzed or talked about things. It just happened very naturally for us. I had wanted to work with him for a long time."

Quote 14

In the movie, Rachel stars a lot of turning and almost falls off a motorcycle being driven by Anthony. "I am not playing a super hero, am

By George, worth it! He was not very interested. We knew that his dad makes money. He's very used to his spoiled life. Henry is not spoiled. The hospital was fantastic life, which is richer and more fulfilling than the movie industry. I think that's good."

Asked to name the James Bond movie that she enjoyed the most, Kuchel said, "Oh, gosh, I haven't seen three either because that would come to mind is *Casino Royale*." She chatted with a grin, "like I am somebody famous." The movie has fantastic pace of action, really great piece of very successful action.

Enough room
And finally,
Barnes comes
around? "It's a five-
minute rooming"
that's quipped,
still smiling:
"there's room for

(Email the column, not a response, to JLH@nyph.com.
You'll follow him at <http://twitter.com/jaypaulsen2>.)

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3 THE DARK KNIGHT RISES
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4 THE DICTATOR
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THE LAST AIRBORNE
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THE DARK KNIGHT RATED PG-13 1:40, 4:00, 6:20	ICE AGE & CRYSTAL SKY: THE HEALING - GPG-13 12:40, 2:10, 4:30, 7:30, 9:30	THE DECEITFUL - R-13 12:10, 2:10, 4:10, 6:40, 8:40, 10:15

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SEE HOW IT ALL ENDS
THE FINAL CHAPTER TO THE MOST
TERRIFYING GHOST STORY EVER TOLD

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- Walk-in at Forum Robinsons Mall

Telecom/Technical Support Engineers (TSE)

- Minimum of one-year experience in technical or networking support
- Experience in a telecommunications account or industry is an advantage
- Walk-in at Makati Stock Exchange

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- Applicants with at least one-year supervisory experience in a clinic or BPO setting
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- Graduate of any four or five-year course
- Proficient in English and Japanese or Thai

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Monday to Friday, 10AM to 4PM

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 Ayala Avenue, Makati City

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CHILDREN INTERNATIONAL
 Children International is a nonprofit, humanitarian organization dedicated to improving the lives of children and families living in other poverty. We have children in 11 countries in the Philippines. We operate four operating agencies located in Metro Manila and Iloilo.

WANTED

OPERATIONS MANAGER

(Support Agency)

- Qualifications:**
- Minimum of college graduate in Business Administration, Bachelor of Science in Engineering, Bachelor of Science in Management or Management Engineering must be an advantage
- Technical/Professional Skills and Work Experience:**
- 5 years of work experience as a manager or supervisor position preferably in an environment or an industrial environment
 - Experience in managing computerized and/or manual systems
 - Proven experience in planning, organizing and controlling a team
 - Computer literacy on MS Office (Word, Excel, PowerPoint) with working knowledge on other software applications and hardware, preferably
 - Strong ability to communicate
 - Excellent communication skills both written and oral English
 - Good negotiation skills
 - Good working ability with staff or team
 - Preferably between 25 to 40 years old
 - Excellent applicant will be eligible for assignment in support role

ACCOUNTING MANAGER

(Support Agency)

- Qualifications:**
- Bachelors in Business with an emphasis in Accounting. CPA required. Minimum 5 years previous experience and no less than 3
- Technical/Professional Skills and Work Experience:**
- Five to seven years prior accounting experience in the management/operational/industrial environment
 - Proven experience in planning, organizing and controlling a team
 - Computer literacy on MS Office (Word, Excel, PowerPoint) with working knowledge on other software applications and hardware, preferably
 - Strong ability to communicate
 - Excellent communication skills both written and oral English
 - Good negotiation skills
 - Good working ability with staff or team
 - Preferably between 25 to 40 years old
 - Excellent applicant will be eligible for assignment in support role

Applicants possessing a 4-year degree and an equivalent (E) should be sent to hr@childrenintl.org and also their request (E, D, O). Kindly include your requested salary in the application letter. Please indicate also your last salary in your previous work experience. Line applications of qualified candidates will be acknowledged.

MILLENNIUM CHALLENGE ACCOUNT-PHILIPPINES
 Uplifting Lives of Filipinos through Economic Growth

The Millennium Challenge Corporation (MCC) and the Government of the Republic of the Philippines (the Government or GOIP) have entered into a Millennium Challenge Compact for Millennium Challenge Account assistance to help accelerate poverty reduction through economic growth in the Philippines (the Compact) in the amount not exceeding US\$ 100,000,000 (one hundred million US dollars) for the period 2013-2015.

Millennium Challenge Account, Philippines (MCA-P), a corporation registered with the Securities and Exchange Commission on January 15, 2013 by authority of Executive Order No. 248 dated December 13, 2009, has been designated by the Government as the entity responsible for implementation of the project funded under the Compact.

MCA-P invites qualified applicants to the position of **DIRECTOR FOR REVENUE ADMINISTRATION REFORM PROJECT (RARP)**

- FUNCTIONS AND RESPONSIBILITIES**
1. Provide leadership and management in the implementation of the RARP activities under the Millennium Challenge Account, Philippines Compact, including preparation of plans, identification of resource requirements, risks and mitigation, and execution of activities.
 2. Prepare the project plan and budget, monitor/track the progress of RARP implementation, and submit periodic reports to the Government on the implementation of RARP activities as required.
 3. Develop effective day-to-day operations in terms of operations planning, policy and procedures, systems.
 4. Supervise a Project Specialist responsible for coordinating the activities related to the RARP.
 5. Coordinate with the Millennium Challenge Corporation and the Government in the conduct of the procurement process for RARP particularly in the setting of the terms of reference and detailed financial arrangements of services to be procured.
 6. Take the lead in the preparation of RARP impact reports required by the Millennium Challenge Corporation of the US Government, MCA-P, and the Philippine government.
 7. Liaise with the Philippine Government's Bureau of Internal Revenue and the Philippine Integrity Protection Service of the Department of Finance to ensure operational efficiency in the implementation of the RARP.

- REQUIREMENTS**
1. Graduated with a degree in Economics, Public Administration, Finance or related field.
 2. With minimum five years and experience in the design and implementation of a computer-based management information system.
 3. Good knowledge of at least three (3) years experience in project management position.
 4. Proven track record in RARP.
 5. Familiarity with revenue administration reform projects is a plus.
 6. Willing and able to report into different stakeholders.
 7. Responsible and flexible attitude and capable of working with minimal supervision.
 8. Ability in Management Information System (MIS).
 9. Proven understanding of revenue and administrative reform.
 10. Able to represent MCA-P/Philippines at meetings with senior-level government.
 11. Good written and verbal communication skills in English.

Interested applicants must send an application form which may be downloaded from our website (<http://www.mcc.gov.ph>) and submit, together with an updated resume, to: hr@mcc.gov.ph or 02-8861-0000 (ext. 202).

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In Loving Memory

on the 10th Death Anniversary of

Judge MANUEL C. DIOSOMITO (Ret.)

of the City

The family of the late Judge Manuel C. Diosomito, who passed away on July 20, 2003, at the age of 85, is pleased to announce the 10th death anniversary of their father and husband. The family is grateful for the love and support of their friends and relatives during this time. The family is also grateful for the love and support of their friends and relatives during this time.

Funeral services will be held on July 29, 2013, at 10:00 AM, at the Holy Cross Memorial Park, Sta. Cruz, Quezon City.

In Loving Memory

on the 4th Death Anniversary of

LILY DE LAS ALAS PADILLA

On July 29, 2013

The Holy Sacrament of the Mass will be offered today at 12:00 PM, at the Holy Cross Memorial Park, Sta. Cruz, Quezon City.

Funeral services will be held on July 29, 2013, at 10:00 AM, at the Holy Cross Memorial Park, Sta. Cruz, Quezon City.

- 1. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 2. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 3. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 4. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 5. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 6. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 7. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 8. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 9. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 10. Holy Cross Memorial Park, Sta. Cruz, Quezon City

MELECIO B. MARQUEZ

Rest of Deceased

Peacefully joined his Creator on July 24, 2013 at the age of 82. He was born on July 24, 1931 in the City of Manila.

"I am the resurrection and the life. He who believes in Me, though he were dead, yet shall he live. And whoever believes in Me will never die."

Rev. Fr. ODILARDO "Efrén" J. ARCEO

(November 14, 1947 - July 29, 2013)

His funeral services will be held on July 29, 2013, at 10:00 AM, at the Holy Cross Memorial Park, Sta. Cruz, Quezon City.

- 1. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 2. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 3. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 4. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 5. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 6. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 7. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 8. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 9. Holy Cross Memorial Park, Sta. Cruz, Quezon City
- 10. Holy Cross Memorial Park, Sta. Cruz, Quezon City

"I have fought the good fight, I have finished the race, I have kept the faith."

La. Gd. BELEN ROQUE ALANZANO MNSA PERA

I am the way, the truth and the life. He who comes to the Father through Me, will not perish but have eternal life.

CLASSIFIEDS

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INVITATION TO BID

The Department of Trade and Industry (DTI) through its Trade and Investment Promotion Board (TIPB) is hereby inviting qualified bidders to submit proposals for the following project:

Project Title: [Project Name]

Project Description: [Project Description]

Submission Requirements: [Submission Requirements]

Submission Deadline: [Submission Deadline]

Submission Location: [Submission Location]

Submission Contact: [Submission Contact]

INQUIRER

The country's most widely read and circulated newspaper is in need of:

NETWORK/SYSTEMS ENGINEER

- College graduate preferably Computer Science/Engineering
- At least 1 year experience in computer networking and system administration
- Knowledge of network protocols and troubleshooting
- Strong communication and organizational skills

PHOTOGRAPHER

- College graduate preferably Journalism/Communication Arts
- At least 1 year experience in photography and videography
- Knowledge of photo and video editing software

GRAPHIC DESIGNER

- College graduate preferably Graphic Arts
- At least 1 year experience in graphic design
- Knowledge of Adobe Photoshop, Illustrator, and InDesign

EDITORIAL ADMIN ASSISTANT

- College graduate preferably English/Literature
- At least 1 year experience in editorial administration
- Knowledge of Microsoft Office and database management

EDITORIAL PRODUCTION ASSISTANT

- College graduate preferably English/Literature
- At least 1 year experience in editorial production
- Knowledge of Microsoft Office and database management

INQUIRER

The country's most widely read and circulated newspaper is in need of:

AUDIT SUPERVISOR

- College graduate preferably Accountancy
- At least 1 year experience in auditing and tax assessment
- Knowledge of Philippine Accounting Standards (PAS)

PRODUCT MANAGER

- College graduate preferably Business Administration/Marketing
- At least 1 year experience in product management and marketing
- Knowledge of market research and consumer behavior

BUSINESS DEVELOPMENT OFFICER

- College graduate preferably Business Administration/Marketing
- At least 1 year experience in business development and sales
- Knowledge of market research and consumer behavior

ADMINISTRATION SERVICES MANAGER

- College graduate preferably Business Administration/Management
- At least 1 year experience in administration and management
- Knowledge of Microsoft Office and database management

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CONCLUSION

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RUNNING ACCOUNTS

Editor: JOYCE W. S. SORIANO
 Photo: JOYCE W. S. SORIANO
 Layout: JOYCE W. S. SORIANO

Participants: First Jeppia Avenue

Participants: 2012-2013

Rexona Run 2012 challenges you to outrun yourself

Prepare to push yourself to the limits when Rexona Run 2012 unfolds on August 12 at the SM Mall of Asia grounds. Presented by Rexona Men, the much-anticipated event promises to raise the bar even higher. With a new category, more prizes and exciting features that will surely test the mettle of even the most seasoned runners.

Participants can choose from among three race categories: 5K,

21K Individual and for the first time ever, the 21K Relay. The new category is designed to inspire 5K and 10K runners to raise their level by taking part in the more challenging 21K race, where a team of 2 runners will run a relay for them to finish the 21K distance.

Apart from cash prizes and medals for the top finishers, commemorative key chains will also be awarded to finishers who manage to beat the record-



✓ REXONA RUN 2012 OUTRUN YOURSELF

08.12.2012 MALL OF ASIA

f Rexona Men



REGISTER NOW

REGISTRATION VENUES:

In-store registration from July 2-29, 2012:

- Roxas Store BCG: 28th cor. 9th Ave., Bonifacio Global City, Taguig City (Mon-Sun 12:00pm to 9:00pm)
- Roxas Store Katipunan: 3rd floor Regis Bldg., Katipunan Ave., Quezon City - Across Ateneo de Manila University and beside EPC (Tues-Sun 10:00am to 8:00pm)
- Tobys SM Mall of Asia (Mon-Sun 12:00pm to 9:00pm)
- Tobys Trinoma (Mon-Sun 12:00pm to 8:00pm)

CATEGORIES

- 5K Individual (Male/Female)
Gun Time: 5:50AM
- Php 700
- 21K Individual (Male/Female)
Gun Time: 5:00AM
- Php 900
- 21K Relay (All Male/Female or Mixed)
Gun Time: 4:40AM
- Php 800 per team member

*21K Relay participants must register as a pair to run 10.5K each

COACH Rio and Ally Co-ordinating: 1999-2008

mandated finishing time for a challenge. To qualify, 5K runners must cross the finish line 30 minutes after gun start at 6:20 a.m., and all 21K participants need to finish within 2 hours of 7:00 a.m.

To ensure that each participant keeps within their target finishing time, paces shall be displayed for each race category.

More than just promoting wellness through running, Rexona also strongly espouses responsible running. For Rexona Run 2012, trash bins will be placed in strategic locations so runners can properly discard used water bottles, sponges and other trash. This gives runners a cleaner and more pleasant race route, now and in succeeding editions of Rexona Run.

"Each year, Rexona manages to raise the bar and this year will be no different. We not only made this year's race fun, exciting and safe, but we're also introducing new developments that will surely inspire running enthusiasts, both professional and recreational types, to strive to outrun themselves," says Rexona brand manager Anne Revilla.

Rexona Run 2012 challenges you to outrun yourself

Prizes for the top three finishers in the 21K Solo include Php 7,000 for first, 5,500 second and 4,000 for third, while the podium finishers in the 21K Relay take home Php 5,000 for first, 4,000 for second and 3,000 for third for each member of the team. Top three finishers in the 5K category go home with Php 4,000, 3,000 and 2,000 for first, second and third placers, respectively.

Registration is ongoing until July 29 at Roxas stores in Bonifacio Global City and Katipunan and Tobys branches in Trinoma and SM Mall of Asia.

So this August, get ready to challenge and outrun yourself only at the Rexona Run 2012.

For more details, check out the Rexona Men Facebook page, visit www.rxonam.com or call/text the race hotline at +63927-347-7700 (Globe), +63929-717-8164 (Smart) or +632-887-6194.



Methods & Miles

The phenomenon that is running is taking not just our country but the world by storm. With it comes a keen interest to find the best and most effective running method and technique.

By Patrick Jones

THE HISTORY of running can be traced back to 776 B.C. Running was important to members of ancient Greek society. Once again, we are in the renaissance age of running with more and more individuals taking up the sport for a variety of reasons. Whether for fitness, competition, or psychological relaxation, the running revolution has arrived. In Asia alone, for example, big companies like Nike have been regularly organizing region-wide running events that attract thousands of participants. What was once by nature a solitary act is now one of the most common and famous activities where friends, family and colleagues gather and participate in as a group.

Together with its new-fangled fitness, is greater debate among running enthusiasts on the subject of running technique. With the release of popular books such as *Christophe McDougall's* *Born to Run*, *De Steiner Running's* *Three Methods of Running*, and many others, runners all over the world were exposed to different running methods that go much deeper than simply putting one foot in front of the other.

Coaches, athletes, and various fitness experts all have their own favorite method which they insist is the most effective. It is very easy to get lost in the jargon and the myriad of opinions currently out there. To simplify things a little, I will be discussing three methods, some of the more popular contemporary running to help not just the beginners, but all types of running enthusiasts who wish to keep their running efficient method of running.

The heel strike method

Since the early 90s, the heel strike method of landing the foot has been considered the proper way to run. In fact, this is done by landing on the heel and ball of the foot in every stride. It is a very common method and is most believed to be the most efficient and relaxed way of running, using the anatomy of the foot in every step and decreasing the risk of injury. It is a very common method and is most believed to be the most efficient and relaxed way of running, using the anatomy of the foot in every step and decreasing the risk of injury. It is a very common method and is most believed to be the most efficient and relaxed way of running, using the anatomy of the foot in every step and decreasing the risk of injury.

Methods such as this can

bring comfort and natural running as well as the heel strike method has been pushing the forefoot strike as a natural running method as well. Despite this, there are still runners who subscribe to the heel strike method, reasoning that the method against it is widely misguided.

The mid-foot strike method

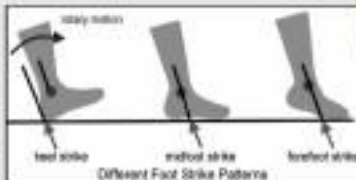
Mid-foot strike method is gaining more and more popularity with today's runners. Used and popularized by a school of thought such as the Harvard running, its proponents believe that it is a safe and better alternative to the heel strike as it delivers less impact on the bones. Specifically, landing on the ball of the foot is said to be an excellent technique for longer distance, as there is less impact on the bones. This is a very common method and is most believed to be the most efficient and relaxed way of running, using the anatomy of the foot in every step and decreasing the risk of injury.

The forefoot method

The forefoot method is the first method of running on the ball of your foot. This particular technique gained popularity as a reaction to the supposed dangers of the heel strike. Runners, reasoning that the method is not really used when sprinting, on the forefoot method, athletes believe that this method is more likely a return to the natural "running" that way for a prolonged period of time. They argue that the forefoot method is the most efficient and relaxed way of running, using the anatomy of the foot in every step and decreasing the risk of injury.



Generally, it is accepted that the heel strike and mid-foot methods are best for long distance runs while the forefoot method is ideal for short runs and sprints.



on the balls of the feet, one can reduce the extra weight of the foot, putting on much stress and pressure on the bones.

In the end, we see that all the methods have their own pros and cons. However, there is one general principle which is true for all.

First, almost all papers believe that each runner is made up differently. Therefore, what may work for one runner (and not necessarily work for another). Second, the way you land your foot is less important than where you land it. Whether it is the heel, mid, or forefoot is not as important as how you land it. It is important to land on the foot under which with the body is more in line with the foot. It is important to land on the foot under which with the body is more in line with the foot. It is important to land on the foot under which with the body is more in line with the foot.

Second, the way you land your foot is less important than where you land it. Whether it is the heel, mid, or forefoot is not as important as how you land it. It is important to land on the foot under which with the body is more in line with the foot. It is important to land on the foot under which with the body is more in line with the foot.

Supporting the above principle is the *Forefoot* method, which was developed by Dr. Nicholas Romanov—a Russian endurance and race Olympic triathlete. Each—back in the 1970s, Pace is based on the science of physics and natural gravity when we run naturally, our body will not work with gravity and we will spin. It is important to land on the foot under which with the body is more in line with the foot. It is important to land on the foot under which with the body is more in line with the foot.

place. Under this system, body position alignment is emphasized. It breaks down the art of running into 100 Paces, 120 Paces, 120 Paces, and 120 Paces. It is based on the importance of body weight application, with one which, muscle mass is more important. A runner should be able to move a part of his body position when he runs, regardless of his running preference.

Finally, another system, *Forefoot*, is based on the science of physics and natural gravity when we run naturally, our body will not work with gravity and we will spin. It is important to land on the foot under which with the body is more in line with the foot. It is important to land on the foot under which with the body is more in line with the foot. It is important to land on the foot under which with the body is more in line with the foot.

AIRFOOT strike, Olympic Gold medalist, Shalane Karpman, www.airfoot.org

physical, mechanical, and psychological factors when physics and physiology play a role. Dr. Romanov, by expanding the *Three Methods* into a developing discipline that is based on scientifically proven principles. These skills will be valuable to any runner or athlete, regardless of his running preference.

Finally, another system, *Forefoot*, is based on the science of physics and natural gravity when we run naturally, our body will not work with gravity and we will spin. It is important to land on the foot under which with the body is more in line with the foot. It is important to land on the foot under which with the body is more in line with the foot.

Toby's Sports advocates having your own home gym for all year health and wellness

At Toby's, it's not just the size of the gym, it's the quality of the gym. Toby's is a place where you can find everything you need for your health and wellness journey. From state-of-the-art equipment to expert advice, Toby's has it all.

With the right advice, you can find everything you need for your health and wellness journey. From state-of-the-art equipment to expert advice, Toby's has it all. Toby's is a place where you can find everything you need for your health and wellness journey.

The best way to ensure that you are getting the most out of your gym is to have a personal trainer. Toby's has a team of personal trainers who can help you with your fitness goals. They can also help you with your nutrition and recovery. Toby's is a place where you can find everything you need for your health and wellness journey.



personal trainer to help you with your fitness goals. They can also help you with your nutrition and recovery. Toby's is a place where you can find everything you need for your health and wellness journey. Toby's is a place where you can find everything you need for your health and wellness journey.

and even your fitness goals. Toby's is a place where you can find everything you need for your health and wellness journey. Toby's is a place where you can find everything you need for your health and wellness journey. Toby's is a place where you can find everything you need for your health and wellness journey.

The Fitness First store, located in the heart of the city, is a place where you can find everything you need for your health and wellness journey. The Fitness First store is a place where you can find everything you need for your health and wellness journey. The Fitness First store is a place where you can find everything you need for your health and wellness journey.

parts of the overall gym performance. Toby's is a place where you can find everything you need for your health and wellness journey. Toby's is a place where you can find everything you need for your health and wellness journey. Toby's is a place where you can find everything you need for your health and wellness journey.

The Fastest Man on no legs

By Marie Molloy
Photo: Courtesy of Oscar

OSCAR Pistorius wears confidence, great up-beat and good vibes. Despite being a double-amputee he doesn't wish for pity, just respect. He doesn't feel less lucky despite the incredible odds he has faced ever since he was born 25 years ago without a fibula in either of his legs. (The fibula is a long bone that runs between the knee and ankle, beside the tibia.)

At 11 months, his lower legs were amputated and they were not off yet before the knee. At 13 months, he was fitted with prostheses. At 17 months, he was walking.

Pistorius grew up with full acceptance and not indignation over his seemingly unfortunate situation. Others might have thrown in the towel but then that has not led his adversity to be an opportunity to give up but to be competitive in his able-bodied peers. His dream goes on to say, "You are not disabled by the disability you have, you are able by the ability you have."

Every day Pistorius wakes up to new challenges that most complete-bodied people aren't even aware of. But to the high level of international track and field competition. He is a master one of the top-ranked athletes in the world.

"I never once thought of different to anyone else and I was never treated any differently by my friends and family. I have always had positive and determined responses, 'superstar' tag highly."

Popularly known as "The Blade Runner" because he runs with artificial blades prosthetic running blades – and the "Blade Runner" is a movie, the blades are well known as Pistorius has won four gold medals at the Paralympics and held world records for the 100m, 200m, 400m, and 800m.

He says, "I am excited but also nervous about the upcoming Olympics as I am going to stand on my own two feet and feel the ground under my feet. It's a big step for me. I am excited to be able to compete on my own."

Asked where this deep need of independence and confidence comes from, he explains, "It's a great feeling to be a child, to be able to do what you want to do and not have to ask for anything. It's a great feeling to be able to do what you want to do and not have to ask for anything. It's a great feeling to be able to do what you want to do and not have to ask for anything."

'Being fit and active is so crucial. I would encourage anyone to take up running, or whatever sport they aspire in.'

-The Blade Runner's advice to coach

performs out there



'You are not disabled by the disabilities you have, you are able by the abilities you have.'

- Oscar Pistorius

informed from the Olympics. He was told that he was not allowed to compete in the 200m, 400m, 800m, 1500m, 5000m, 10000m, 20000m, 30000m, 40000m, 50000m, 60000m, 70000m, 80000m, 90000m, 100000m, 110000m, 120000m, 130000m, 140000m, 150000m, 160000m, 170000m, 180000m, 190000m, 200000m, 210000m, 220000m, 230000m, 240000m, 250000m, 260000m, 270000m, 280000m, 290000m, 300000m, 310000m, 320000m, 330000m, 340000m, 350000m, 360000m, 370000m, 380000m, 390000m, 400000m, 410000m, 420000m, 430000m, 440000m, 450000m, 460000m, 470000m, 480000m, 490000m, 500000m, 510000m, 520000m, 530000m, 540000m, 550000m, 560000m, 570000m, 580000m, 590000m, 600000m, 610000m, 620000m, 630000m, 640000m, 650000m, 660000m, 670000m, 680000m, 690000m, 700000m, 710000m, 720000m, 730000m, 740000m, 750000m, 760000m, 770000m, 780000m, 790000m, 800000m, 810000m, 820000m, 830000m, 840000m, 850000m, 860000m, 870000m, 880000m, 890000m, 900000m, 910000m, 920000m, 930000m, 940000m, 950000m, 960000m, 970000m, 980000m, 990000m, 1000000m, 1010000m, 1020000m, 1030000m, 1040000m, 1050000m, 1060000m, 1070000m, 1080000m, 1090000m, 1100000m, 1110000m, 1120000m, 1130000m, 1140000m, 1150000m, 1160000m, 1170000m, 1180000m, 1190000m, 1200000m, 1210000m, 1220000m, 1230000m, 1240000m, 1250000m, 1260000m, 1270000m, 1280000m, 1290000m, 1300000m, 1310000m, 1320000m, 1330000m, 1340000m, 1350000m, 1360000m, 1370000m, 1380000m, 1390000m, 1400000m, 1410000m, 1420000m, 1430000m, 1440000m, 1450000m, 1460000m, 1470000m, 1480000m, 1490000m, 1500000m, 1510000m, 1520000m, 1530000m, 1540000m, 1550000m, 1560000m, 1570000m, 1580000m, 1590000m, 1600000m, 1610000m, 1620000m, 1630000m, 1640000m, 1650000m, 1660000m, 1670000m, 1680000m, 1690000m, 1700000m, 1710000m, 1720000m, 1730000m, 1740000m, 1750000m, 1760000m, 1770000m, 1780000m, 1790000m, 1800000m, 1810000m, 1820000m, 1830000m, 1840000m, 1850000m, 1860000m, 1870000m, 1880000m, 1890000m, 1900000m, 1910000m, 1920000m, 1930000m, 1940000m, 1950000m, 1960000m, 1970000m, 1980000m, 1990000m, 2000000m, 2010000m, 2020000m, 2030000m, 2040000m, 2050000m, 2060000m, 2070000m, 2080000m, 2090000m, 2100000m, 2110000m, 2120000m, 2130000m, 2140000m, 2150000m, 2160000m, 2170000m, 2180000m, 2190000m, 2200000m, 2210000m, 2220000m, 2230000m, 2240000m, 2250000m, 2260000m, 2270000m, 2280000m, 2290000m, 2300000m, 2310000m, 2320000m, 2330000m, 2340000m, 2350000m, 2360000m, 2370000m, 2380000m, 2390000m, 2400000m, 2410000m, 2420000m, 2430000m, 2440000m, 2450000m, 2460000m, 2470000m, 2480000m, 2490000m, 2500000m, 2510000m, 2520000m, 2530000m, 2540000m, 2550000m, 2560000m, 2570000m, 2580000m, 2590000m, 2600000m, 2610000m, 2620000m, 2630000m, 2640000m, 2650000m, 2660000m, 2670000m, 2680000m, 2690000m, 2700000m, 2710000m, 2720000m, 2730000m, 2740000m, 2750000m, 2760000m, 2770000m, 2780000m, 2790000m, 2800000m, 2810000m, 2820000m, 2830000m, 2840000m, 2850000m, 2860000m, 2870000m, 2880000m, 2890000m, 2900000m, 2910000m, 2920000m, 2930000m, 2940000m, 2950000m, 2960000m, 2970000m, 2980000m, 2990000m, 3000000m, 3010000m, 3020000m, 3030000m, 3040000m, 3050000m, 3060000m, 3070000m, 3080000m, 3090000m, 3100000m, 3110000m, 3120000m, 3130000m, 3140000m, 3150000m, 3160000m, 3170000m, 3180000m, 3190000m, 3200000m, 3210000m, 3220000m, 3230000m, 3240000m, 3250000m, 3260000m, 3270000m, 3280000m, 3290000m, 3300000m, 3310000m, 3320000m, 3330000m, 3340000m, 3350000m, 3360000m, 3370000m, 3380000m, 3390000m, 3400000m, 3410000m, 3420000m, 3430000m, 3440000m, 3450000m, 3460000m, 3470000m, 3480000m, 3490000m, 3500000m, 3510000m, 3520000m, 3530000m, 3540000m, 3550000m, 3560000m, 3570000m, 3580000m, 3590000m, 3600000m, 3610000m, 3620000m, 3630000m, 3640000m, 3650000m, 3660000m, 3670000m, 3680000m, 3690000m, 3700000m, 3710000m, 3720000m, 3730000m, 3740000m, 3750000m, 3760000m, 3770000m, 3780000m, 3790000m, 3800000m, 3810000m, 3820000m, 3830000m, 3840000m, 3850000m, 3860000m, 3870000m, 3880000m, 3890000m, 3900000m, 3910000m, 3920000m, 3930000m, 3940000m, 3950000m, 3960000m, 3970000m, 3980000m, 3990000m, 4000000m, 4010000m, 4020000m, 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7030000m, 7040000m, 7050000m, 7060000m, 7070000m, 7080000m, 7090000m, 7100000m, 7110000m, 7120000m, 7130000m, 7140000m, 7150000m, 7160000m, 7170000m, 7180000m, 7190000m, 7200000m, 7210000m, 7220000m, 7230000m, 7240000m, 7250000m, 7260000m, 7270000m, 7280000m, 7290000m, 7300000m, 7310000m, 7320000m, 7330000m, 7340000m, 7350000m, 7360000m, 7370000m, 7380000m, 7390000m, 7400000m, 7410000m, 7420000m, 7430000m, 7440000m, 7450000m, 7460000m, 7470000m, 7480000m, 7490000m, 7500000m, 7510000m, 7520000m, 7530000m, 7540000m, 7550000m, 7560000m, 7570000m, 7580000m, 7590000m, 7600000m, 7610000m, 7620000m, 7630000m, 7640000m, 7650000m, 7660000m, 7670000m, 7680000m, 7690000m, 7700000m, 7710000m, 7720000m, 7730000m, 7740000m, 7750000m, 7760000m, 7770000m, 7780000m, 7790000m, 7800000m, 7810000m, 7820000m, 7830000m, 7840000m, 7850000m, 7860000m, 7870000m, 7880000m, 7890000m, 7900000m, 7910000m, 7920000m, 7930000m, 7940000m, 7950000m, 7960000m, 7970000m, 7980000m, 7990000m, 8000000m, 8010000m, 8020000m, 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9030000m, 9040000m, 9050000m, 9060000m, 9070000m, 9080000m, 9090000m, 9100000m, 9110000m, 9120000m, 9130000m, 9140000m, 9150000m, 9160000m, 9170000m, 9180000m, 9190000m, 9200000m, 9210000m, 9220000m, 9230000m, 9240000m, 9250000m, 9260000m, 9270000m, 9280000m, 9290000m, 9300000m, 9310000m, 9320000m, 9330000m, 9340000m, 9350000m, 9360000m, 9370000m, 9380000m, 9390000m, 9400000m, 9410000m, 9420000m, 9430000m, 9440000m, 9450000m, 9460000m, 9470000m, 9480000m, 9490000m, 9500000m, 9510000m, 9520000m, 9530000m, 9540000m, 9550000m, 9560000m, 9570000m, 9580000m, 9590000m, 9600000m, 9610000m, 9620000m, 9630000m, 9640000m, 9650000m, 9660000m, 9670000m, 9680000m, 9690000m, 9700000m, 9710000m, 9720000m, 9730000m, 9740000m, 9750000m, 9760000m, 9770000m, 9780000m, 9790000m, 9800000m, 9810000m, 9820000m, 9830000m, 9840000m, 9850000m, 9860000m, 9870000m, 9880000m, 9890000m, 9900000m, 9910000m, 9920000m, 9930000m, 9940000m, 9950000m, 9960000m, 9970000m, 9980000m, 9990000m, 10000000m, 10010000m, 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